

**USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions**

(last updated 02-15-08)

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**A526 – CHICKEN, CUT-UP, 7-PIECE BATTER/BREADED, COOKED, FROZEN, CHICKEN BREASTS, THIGHS, AND DRUMSTICKS, 30 LB**



**Nutrition Information**

Chicken, meat and skin, cooked, batter, fried

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Cooked, batter/breaded, frozen parts from chickens weighing 3.0-3.5 lbs without necks and giblets. Each chicken is cut into 7 pieces (3 breast pieces without wings, 2 thighs with back portions, and 2 drumsticks). Batter/breading (not to exceed 25%) consists of enriched flour, salt, spices, and other seasonings.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>30 lb case packed in a minimum of 3 plastic-film bags or layers.</li> <li>One 30 lb case AP contains about 10 chickens and provides about 60.0 servings cooked chicken pieces.</li> <li>CN Crediting: 1 breast piece (with or without back) OR 2 drumsticks OR 1 thigh with back provides 2 oz-equivalent meat/meat alternate.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store breaded chicken frozen at 0 °F or below in original shipping case off the floor. Refrigerate leftover breaded chicken covered and labeled in a dated nonmetallic container and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	1 breast pc (140 g)	2 drumsticks (144 g)
Calories	364	386
Protein	34.78 g	31.61 g
Carbohydrate	12.59 g	11.92 g
Dietary Fiber	0.4 g	0.4 g
Sugars	0 g	N/A
Total Fat	18.48 g	22.68 g
Saturated Fat	4.93 g	5.96 g
Trans Fat	N/A	N/A
Cholesterol	119 mg	124 mg
Iron	1.75 mg	1.94 mg
Calcium	28 mg	24 mg
Sodium	385 mg	387 mg
Magnesium	34 mg	29 mg
Potassium	281 mg	268 mg
Vitamin A	94 IU	124 IU
Vitamin A	28 RAE	37 RAE
Vitamin C	0 mg	0 mg
Vitamin E	1.48 mg	N/A

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Thaw before heating. If accidentally thawed, heat promptly. Do not thaw at room temperature. DO NOT REFREEZE.</li> <li>• Place frozen chicken parts in a single layer on sheet pans. Heat thoroughly in a preheated conventional or deck oven at 450 °F for approximately 1 hour or approximately 35 minutes in a 350 °F convection oven, or until crisp and golden and an internal temperature of 165 °F for 15 seconds is reached. Judge doneness by temperature, not the color or texture of the food. Drumsticks and may be heated in separate pans since they require less time to heat.</li> <li>• Sort pieces and cook similar sizes together.</li> <li>• Serve promptly or refrigerate and use any leftovers within 2 days. Reheat to internal temperature of 165 °F for 15 seconds.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Chicken parts are ready to heat and serve.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook chicken products to an internal temperature of 165 °F for 15 seconds. The pink color in safely cooked chicken is due to the hemoglobin in tissues which can form a heat-stable color. Smoking or grilling may also cause this reaction, which occurs more in young birds.</li> <li>• Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon of water.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>